

// Northwest Navy All Hands Message

Coronavirus (COVID-19)

Update 39: November 12, 2020

STATUS UPDATE

Reports are showing increasing rates of COVID-19 infections in many areas in the Pacific Northwest and nationally. Government and health officials have warned about a potential “fall surge” and the continued rise in cases seem to indicate one is occurring. Many Washington state communities continue to see new COVID-19 cases and hospitalizations each week.

In an effort to reduce the spread of the virus among Navy personnel, some stricter protective measures are being implemented at certain installations. Most Northwest Navy installations remain at Health Protection Condition (HPCON) Bravo (B), but Naval Station Everett recently returned to HPCON C due to a sustained significant rise in cases in the base’s surrounding community.

Northwest Navy Installation Commanding Officers (COs) continue assessing their local operating environment and make decisions to mitigate risk to the health and safety of Navy personnel and to the Navy’s ability to continue performing mission essential operations. They are reviewing plans and are prepared implement additional measures, including returning to HPCON C, as necessary. Northwest Navy Family members should monitor installation websites and social media pages for the latest base-specific updates on services and activities.

Some of the Navy’s measures may be different than those in neighboring communities. It is essential that all personnel take personal responsibility to continue limiting the spread of the disease. Everyone must maintain vigilance in their individual protective behaviors both on and off base, including maintaining physical distancing, using face coverings, maintaining good hygiene, conducting medical screening and regular cleaning and disinfecting frequently-touched surfaces.

Current Numbers:

- Washington (WA) Dept. of Health, as of Nov. 9, reported 120,011 cases and 2,482 deaths. Visit www.doh.wa.gov/emergencies/coronavirus for the latest WA data.
- Dept. of the Navy, as of Nov. 12, reported 3,043 confirmed active cases among military, civilians, family members and contractors. Visit <https://www.navy.mil/US-Navy-COVID-19-Updates/> or the Navy’s latest report.

Update #39 includes the following:

1. CDC recommendations for a safe Thanksgiving celebration
2. Holiday season travel planning resources
3. Exercise caution at gatherings – indoors and outdoors
4. Health protection measures and behaviors remaining in place
5. CDC practical tips and web links to reference sites

1. The Centers for Disease Control and Prevention (CDC) suggests the safest way to celebrate Thanksgiving this year is for people to celebrate with those within their household. Those who plan to spend Thanksgiving

with people outside their household, take steps to make the celebration safer, including wearing a mask, maintaining physical distancing, and practicing good hygiene.

If considering attending a Thanksgiving gathering, the CDC recommends people:

- Bring your own food, drinks, plates, cups, and utensils.
- Wear a mask, and safely store your mask while eating and drinking.
- Avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen.
- Use single-use options, like salad dressing and condiment packets, and disposable items like food containers, plates, and utensils.

If considering hosting a Thanksgiving gathering, CDC recommends:

- Have a small outdoor meal with family and friends who live in your community.
- Limit the number of guests.
- Have conversations with guests ahead of time to set expectations for celebrating together.
- Clean and disinfect frequently touched surfaces and items between use.
- If celebrating indoors, make sure to open windows.
- Limit the number of people in food preparation areas.
- Have guests bring their own food and drink.
- If sharing food, have one person serve food and use single-use options, like plastic utensils.

For a complete list of CDC ideas and recommendations on safely celebrating Thanksgiving in a COVID-19 environment visit their website at: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>

2. As the holiday travel season approaches, and permanent change of station moves (PCS) continue, all personnel are reminded the nation is still in a COVID-19 environment. All personnel should continue to follow federal, state and local (including host nation) direction for health and hygiene measures, as well as direction from their chain of command, including maximizing telework and practicing physical distancing.

A Navy Region Northwest Travel Planner tool is available to assist Navy personnel in planning any travel across Washington State, which can be found online at <https://www.cnrc.navy.mil/regions/cnrnw/om/COVID-19.html>.

For personnel considering or already planning travel outside of Washington State, the Dept. of the Navy continues to update the Navy Travel Tracker that displays both state status (factor 1) and DoD Installation status (factor 2). The website is updated frequently (at least weekly) and can be found at <https://www.mnp.navy.mil/group/don-covid-19-travel-tracker>.

In June, Chief of Naval Personnel developed factsheets to help simplify the information contained within NAVADMINs 168/20 and 169/20, which address conditions-based movement and resumption of PCS moves. Both NAVADMINs and Dept. of Defense guidance can be found online:

- NAVADMIN 168/20 Factsheet: https://www.public.navy.mil/bupers-npc/organization/npc/publicaffairs/news/Documents/Conditions_Based_Movement_Fact_Sheet_QA.pdf
- Full NAVADMIN 168/20: <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINs/NAV2020/NAV20168.txt>

- NAVADMIN 169/20 Factsheet: https://www.public.navy.mil/bupers-npc/organization/npc/publicaffairs/news/Documents/PCS_Restart_Full_rollout_Fact_Sheet_QA.pdf
- Full NAVADMIN 169/20: <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINs/NAV2020/NAV20169.txt>

3. November 1 marked the end of Daylight Saving Time, and as winter approaches and daylight hours decrease, this would normally mean more indoor gatherings and activities, however, our nation and region currently remain in a COVID-19 environment. This, along with flu season, means that Navy personnel should continue to be vigilant and avoid gatherings to help prevent the spread of these viruses. Current Navy Region Northwest COVID-19 measures include gatherings of no more than five people. Even outdoors, people need to remember to exercise caution if thinking about participating in a group activity.

All Navy personnel are asked to remain vigilant when out in the local community and continue to avoid large gatherings when possible for health and safety reasons. In addition to COVID-19 and flu season health concerns, some gatherings, especially those that are politically-charged, have the potential to become dangerous and cause injury to those in close proximity.

4. The region and nation remain in a COVID-19 operating environment even though installations have reopened certain facilities and services in alignment with DoD and Navy guidance, and communities have reopened certain businesses off base. Because the risk of the virus spreading remains present, and some government and health officials are warning of a “fall surge” in cases, Northwest Navy commands and personnel must continue to practice the following health protection measures:

- Personnel must maintain physical distancing of at least six feet and gatherings will be limited to no more than five people. Commands are encouraged to continue using virtual meeting options instead of in-person meetings when possible.
- Personnel must wear cloth face coverings on Navy property when physical distancing of at least six feet is not possible. Cloth face coverings should be in alignment with NAVADMINs 100/20 and 194/20 and CDC guidelines. Face coverings should:
 - ✓ Fit snugly, but comfortably, against the side of the face.
 - ✓ Be from nose to chin. Full-face coverings (like ski masks) are not authorized.
 - ✓ Be secured with ties or ear loops.
 - ✓ Include multiple layers of fabric if material is cloth.
 - ✓ Allow for breathing without restriction.
 - ✓ If reusable, be able to be laundered and machine dried without damage or change to its shape.
 - ✓ Not interfere with wearing eyeglasses or cause them to fog.
 - ✓ When in uniform, only plain neutral colors – black, brown, tan, white, grey, green or blue – can be worn. No words, logos, symbols, prints or patterns are authorized. The only exception is a camouflage pattern that matches the Navy’s existing camouflage pattern uniforms.
 - ✓ Face coverings with an exhaust valve and neck gaiter style face coverings are not recommended, and in some places, are prohibited. These type of face coverings do not entrain moisture in exhaled breath, failing to reduce the spread of the COVID-19 Virus and failing to protect other personnel.

- Personnel and commands must maintain strict good hygiene measures such as refraining from handshaking, regularly and thoroughly washing hands, and regular cleaning and disinfecting of frequently touched surfaces.
- Personnel should continue minimizing non-essential travel.
- Commands should continue conducting enhanced medical screening for all operational units and headquarters buildings.
- Commands should continue coordinating with contractors, vendors and delivery services to ensure their personnel are properly screened and do not perform services while sick or symptomatic.
- Personnel should continue to stay home if they are feeling ill, self-isolate as best possible and notify their supervisor. Personnel requiring medical attention should call their medical care provider. Commands should ensure personnel exposed to or diagnosed with COVID-19 are isolated or quarantined in accordance with CDC and DoD guidance.
- Commands should continue maximizing telework options where practicable.
- Installations continue to use no-touch ID scanning at all entry control points. Personnel are required to present both sides of their ID/credential for screening by a guard.
- Installation visitor control centers (VCC) continue screening all personnel seeking installation access using the most current COVID-19 health questionnaire, which can be found at the bottom of this update. VCCs continue the use of electronic means to the maximum extent possible to grant installation access and discontinued waiting room use when physical distancing cannot be maintained.
- Navy Exchanges and Commissaries will continue to implement procedures to promote physical distancing within stores and require face coverings for employees and patrons.
- Navy personnel – military and civilian – are authorized to utilize off-installation fitness centers, restaurants, barber shops and salons, personal and professional services, and places of worship as long as they follow the recommended public health and safety measures we have been practicing such as maintaining physical distancing and wearing face coverings. Personnel should continue monitoring local installation web sites and social media pages because installation commanding officers may implement stricter restrictions based on the local COVID-19 environment in order to minimize risk to personnel and the greater Navy Family.

PRACTICAL TIPS

There are simple things the CDC recommends people continue to do to reduce risk of infection and prevent the spread of COVID-19. These include:

- Wash your hands often with soap and water for 20 seconds; use sanitizer containing at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with sick people; maintain physical distance of at least six feet outside of your home.
- Do not gather in groups and do not go out in public if you are sick, unless seeking medical attention.
- Cover coughs and sneezes, and discard used tissues in the trash and wash your hands immediately after.
- Cover your mouth and nose with a cloth face covering when around others.
- Clean and disinfect frequently touched surfaces at least daily.

INFORMATION RESOURCES

- CDC COVID-19 situational information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- CDC How to Wear and Make Cloth Face Coverings: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.
- CDC tips for work and home: <https://www.cdc.gov/nonpharmaceutical-interventions>
- CDC cleaning & disinfecting recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>
- Military Health System: <http://health.mil>
- Tricare Nurse Advice Line: 1-800-TRICARE (874-2273) or www.mhsnurseadvice.com
- Tricare Coronavirus FAQs: www.tricare.mil/HealthWellness/HealthyLiving/Coronavirus/Coronavirus-FAQs
- Washington State Dept. of Health COVID-19 site: <https://www.doh.wa.gov/Emergencies/Coronavirus>
- Washington State Department of Health novel coronavirus call center: 1-800-525-0127 and press #
- Naval Air Station Whidbey Island Facebook page and website:
<https://www.facebook.com/NASWhidbeyIsland/>
https://www.cnic.navy.mil/regions/cnrnw/installations/nas_whidbey_island/about/faqs.html
NavyLife NAS Whidbey Island Facebook page: <https://www.facebook.com/WhidbeyFFR/>
- Naval Base Kitsap Facebook page: <https://www.facebook.com/kitsapnavy/>
NavyLife Naval Base Kitsap Facebook page: <https://www.facebook.com/KitsapFFR/>
- Naval Station Everett Facebook page: <https://www.facebook.com/NavalStationEverett/>
NavyLife Naval Station Everett Facebook page: <https://www.facebook.com/EverettFFR/>
- Navy Region Northwest Fleet and Family Readiness Program: <https://www.navylifepnw.com/>
- US Navy COVID-19 Leaders' Handbook: <https://allhands.navy.mil/The-Way-Forward/US-Navy-COVID-19-Leaders-Handbook>.
- Navy Region Northwest Travel Planner Map: <https://www.cnic.navy.mil/regions/cnrnw/om/COVID-19.html>

NAVY REGION NORTHWEST EMPLOYEES

Our work continues with health and safety protective measures in place. Unless you are told otherwise by your supervisor, please continue with your same actions including teleworking when possible or returning directly home from work and maintaining physical distancing and wearing of face coverings. Please discuss with your supervisor if you need clarification on your work situation.

Personnel required to physically report to work are to conduct self-screening using the questionnaire below and report to their supervisor prior to entering the base and reporting to work. Employees working from home are asked to also continue to monitor their own health for any signs of illness and keep their supervisor informed if their status changes. If you are sick, you should stay home, try to distance from others in your household as best you can, and contact your health care provider as needed.

INSTALLATIONS AND COMMANDS

Northwest Navy Installations and Commands will continue to communicate additional, specific guidance and efforts with their people through their respective communication channels.

FUTURE UPDATES

Monitor news resources and public health updates regularly to stay informed. Navy Region Northwest will continue to provide weekly (or more frequently as needed) Navy-specific updates for the Navy family at <https://www.cnmc.navy.mil/regions/cnrnw/om/COVID-19.html>. This Northwest Navy information “hub” will include status updates, handy information flyers for printing and posting, and links to additional information and resources from our public health partners.

ENCLOSURE: UPDATED NAVY REGION NORTHWEST COVID-19 SCREENING QUESTIONNAIRE

Navy Region Northwest COVID-19 Screening Questionnaire (version 2020.08.13)

1. **IN THE PAST 24 HOURS**, have you had any of the following symptoms? YES NO
- a. Fever
 - b. Cough (not due to allergies)
 - c. Sore Throat
 - d. Shortness of Breath
 - e. Loss of smell or taste

If "YES", LEAVE/DO NOT ENTER the workplace. Uniformed/GS/Contractor personnel contact supervisor/employer, put on a clean mask or cloth face covering and contact/report to your medical provider (call ahead to inform them of your pending arrival). **Follow CDC/OSD Guidance.** ***Entry denied**

2. Have you had **CLOSE PERSONAL CONTACT**, with anyone who has been diagnosed with COVID-19 in the past 14 days? (per criteria below)

- a. Within 6 feet for prolonged period of time (> 15 minutes) YES NO
- b. In direct contact with infectious secretions (been coughed/sneezed upon, etc.)

If "YES", LEAVE/DO NOT ENTER the workplace. Uniformed/GS/Contractor personnel contact supervisor/employer, put on a clean mask or cloth face covering and contact/report to your medical provider (call ahead to inform them of your pending arrival) **Quarantine may be required.** ***Entry denied**

3. Have you **traveled to or had close contact with anyone who traveled** to areas identified with **high infection rates** in the past 14 days (see note 1)? YES NO
(>50 cases / 100K population over last 7 days)

If "YES", uniformed/GS/Contractor personnel contact supervisor/employer and follow CDC/OSD Guidance. ROM may be required.

4. **TEMPERATURE CHECK.** Is temperature above 100°F (37.8°C)? (due to close proximity, screeners should wear mask or cloth face covering as directed):

YES NO

If No, screening complete. Access granted.

If "YES", LEAVE/DO NOT ENTER the workplace. Uniformed/GS/Contractor personnel contact supervisor/employer, put a clean mask or cloth face covering and contact/report to your medical provider (call ahead to inform them of your pending arrival). **Quarantine/ROM may be required.** ***Entry denied**

¹Visitor Control Centers will utilize questions 1, 2, and 4 only for customers requesting access to the Installation. Commands approving travel are responsible for determining if ROM may be required. The following websites provide guidance for determining risk associated with travel.

DoN Travel Tracker:

<https://www.mnp.navy.mil/group/don-covid-19-travel-tracker>

NRNW Travel Planner:

<https://www.cnrc.navy.mil/regions/cnrnw/om/COVID-19.html>

DHS Early Indicators Daily State and County Status:

<https://esportal.med.navy.mil/sites/NHBrem/CS/PopHealth/MISC/NPH/PUBHLTH/PHAP/COVID-19/RTG/SitePages/Home.aspx>

CDC County Map:

<https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/county-map.html>